

The well-being of parents and future parents

The well-being of parents during pregnancy and after birth is essential to make sure the child develops well, to keep a positive parent-child relationship, and to promote emotional stability within the family

Be kind to yourself

I remember that all experiences, even the most difficult ones, have a beginning and an end.

Accept that all emotions, even those you might consider negative, are part of parenting. It is normal to feel the full range of emotions. Allow yourself to feel each emotion without criticism or judgement.

Despite the challenges, today I am grateful for...

Give yourself time

Parenting is something you learn. This new reality may be different from what you expected. Remember that every parent has their own approach to parenting, and there is no one-size-fits-all solution. Find what works best for you and your family and be open to making adjustments as you learn and grow as a parent and dare to trust yourself.

Did you know? | Several free resources are available to help you.

- Find a health resource | Gouvernement du Québec
- Digital front-line access point
- Quebec Perinatal Resource Center Network
- Quebec Federation of Community Organizations for Families
- First Resource, help for parents – Free counseling service for parents

Here are some thoughts on your well-being

1 I figure out how I feel about...



2 I decide what my priority need is at the moment, and I find possible solutions to meet it

My priority right now	Possible solutions	Person or resource that can help me

Running out of ideas?

Here are some strategies that can help me take care of my well-being according to my priorities.

My diet

- Eat well and in sufficient quantities
- Participate in community kitchens
- Use food banks

The time I have to take care of myself

- Do something that makes me feel good
- Allow myself moments of relaxation and rest whenever possible
- Stay active while respecting my energy levels and limits

My support network

- Ask for help with daily responsibilities
- Delegate tasks when possible
- Build and maintain relationships with people to share my experiences and concerns
- Get involved in the community

My mood and thoughts

- Talk about my feelings and concerns with someone I trust
- Keep a logbook
- Consult a professional

My relationship with the other parent

- Talk about my thoughts and feelings
- Clearly communicate my needs and expectation
- Agree on the division of tasks and responsibilities

My stress level

- Do deep breathing exercises or meditation exercises
- Go outside and enjoy nature and the outdoors
- Participate in group activities with other parents
- Listen to music, a podcast, a series, or a show
- Read for entertainment or to stay informed

My role as a parent

- Be patient and kind to myself
- Trust myself and give myself the right to make mistakes
- Be flexible to give myself time to adjust to parenthood
- Establish a routine that includes time for rest and relaxation
- Talk about my feelings, emotions, and concerns with someone I trust
- Celebrate my small victories with myself

